

Bavarian News

Vol 2. Nr. 23

Grafenwoehr, Hohenfels and Vilseck

November 29, 2006

COMMUNITY

Winter Bazaar profits up from last year

U.S. military-inspired nutcrackers were one of many military-themed items at the 2006 bazaar.



by ADRIANE FOSS

Editor

Something for everyone was more than an oft used cliché at the Hohenfels Winter Bazaar Nov. 17-19.

The event, which was hosted by the Hohenfels Community and Spouses Club and MWR, broadened their offerings, and profits, by catering to the entire community.

Bazaar chairperson Maria Diaz said this year's goal was to not only cater to women, who traditionally do most of the shopping, but to make sure

vendors also offered items that would interest men.

"This is a very large training area with 10,000 guys working and living here, and we've been selling them wine and cheese at the bazaar," said Diaz. "This year, we had a vendor who offered hunting paraphernalia, hunting knives, and gear."

According to this year's profits, the all-inclusive marketing tactic worked.

The bazaar sales totaled more than \$128,000, nearly \$10,000 of which went to the HCSC.

"We were \$43 shy of our \$10,000

goal," said Diaz, "but if you count the opportunity drive (raffle ticket sales), we did well over \$11,000."

More than 1,000 raffle tickets were sold at \$1 each for a chance to win gift baskets donated by senior leadership spouses, said Diaz.

In addition to the improved marketing strategy, Diaz contributes the increased sales (the event netted a third more than last year) to the number and variety of vendors at this year's bazaar.

See **USER-FRIENDLY** Page 3

Youthful patriotism



by Sue Bluhm

Grafenwoehr Elementary third grader Kristin Morrison (center) shows her allegiance despite the brisk fall weather. Morrison and fellow Girl Scouts attended the 2006 Veterans Day ceremony at the garrison parade field Nov. 11.



A German army weapons instructor assists a U.S. Army, Europe Soldier during a shooting competition Nov. 16 in Wieden.

Schutzenschnur underscores partnership

Story and photo by GARY KIEFFER

USAREUR Public Affairs

In the spirit of marksmanship training and partnership, the German army Noncommissioned Officer's Academy in Wieden hosted U.S. Army, Europe Soldiers in a Schutzenschnur shooting competition Nov. 16.

More than 50 U.S. and a dozen German Soldiers participated, with each group firing the other's weapons. The U.S. Soldiers used the MG-3 machinegun and P-8 pistol, while their German counterparts trained on the M-4 carbine.

"The machine gun was awesome. It is impressive what they can do with it," said Cpl. James Medlin, 1st Squadron, 2nd Stryker Cavalry Regiment. "The German Soldiers were patient and taught us a lot."

See **WEAPONS** Page 3

* **VOTE TODAY:** Your voice counts! Visit <https://ice.mil>, click on Army-Europe, Grafenwoehr, Admin, then Town Hall Meetings to vote on what time the garrison should hold its quarterly town hall meetings!

'06 absentee voting trails '04 numbers

by JODI WARD

Staff writer

Master Sgt. Patricio Cardona may have been absent from his home state this past election day, but his vote wasn't.

And thanks to the help of Cardona, the Garrison Grafenwoehr voting officer, and the garrison human resource manager, Sieglinde Schedl, nor were absentee ballots of many other community members.

Although the Voting Assistance Office has no way of knowing exactly how many community members participated in this year's election process, Cardona and Schedl are confident that they were at least able to get the word out on the importance of voting.

"We know that everyone is aware," said Cardona, when questioned about voting awareness in the community.

Despite this, Schedl said the turnout for absentee voter registration events in 2004 was much greater than for the more crucial 2006 elections.

Schedl calls for community members to vote every year, not just in presidential elections.

"This was their opportunity to speak up," she said.

Pentagon officials estimate that in 2004, 58 percent of Americans living abroad voted, compared with overall stateside turnout of 60 percent. Military participation overseas topped out at an estimated 75 percent.

These figures are disputed by the federal Election Assistance Commission and the Government Accountability Office because of the sample size and response rate.

While these statistics show that military participation in the last presidential election was the highest it has been, it also shows that the remaining 25 percent simply did not vote. Participation for this past election day was most likely much lower, which is usually the case in non-presidential election years.

"This is a freedom that we as Soldiers fight for," said Cardona. "If you want to have a say in what's going

on in our country, in politics and the way we do things, the only way to express yourself is by casting a vote."

Registering to vote absentee is not difficult, said Schedl.

"They just have to fill out the postcard (the Federal Post Card Application). Postage is paid," she explained. "We have all the addresses that (FPCAs) need to be sent to in each state. We just look up the county they are from and send it there."

Both Schedl and Cardona emphasized the importance of each individual vote.

"One vote can make the difference," said Schedl.

Cardona expounded on this sentiment, recalling words of wisdom he learned from his father: "You can't make a dollar with ninety-nine cents. You need that extra cent."

"Don't think that your vote doesn't count because it does," said Cardona.

For more information or to register to vote in the next election, contact Schedl at DSN 475-6753, CIV 09641-83-6753, or visit www.fvap.gov.

Host nation solidarity



staff photo by Nick D'Amario

2d Stryker Cavalry Regiment Commander Col. John Riscassi shakes hands with Vilseck Mayor Hans-Martin Schertl after a Nov. 16 meeting in which Riscassi reaffirmed his commitment to support host nation relations. Also pictured are (far left) USAG Grafenwoehr Deputy Commander Curtis Clark and (far right) 2SCR Executive Officer Maj. Bryan Denny.

* **CORRECTION:** A photo in last week's Bavarian News was incorrectly identified as Sgt. 1st Class Reneah Ballot. The photo should have read Sgt. Rachel Cooper.

Q&A

How does the exchange rate affect what you do?



1st Lt. Tiffany O'Neal
"I think the exchange rate is so bad that it keeps most people on post. I buy everything on post, if I can help it."



Spc. Andrew Brayton
"It doesn't affect me. I find myself shopping more on the economy than on post."



Amy Calkins
"With small purchases, it's not a big deal, but with larger purchases, the VAT form definitely helps. Have I stopped shopping? No way!"



Mike Tanasco
"Yes ... because with it being so poor, you get less bang for your buck. When you go out on the economy to do things you are losing money."



Pvt. 1st Class Ashley Siwula
"I don't shop on the economy much because you lose money doing that."



Paul Murchison
"Coming from the U.K., the exchange rate for the pound is great for me!"



Pvt. Terry Schoby
"We don't spend as much on the economy as we do on post when the rate is bad. We just stay in and watch movies rather than going out."



Pvt. 1st Class Tyson Pence
"No, the exchange rate doesn't affect what I do. It doesn't matter to me."

Command Message

Army accidents declining, you can help continue trend

Leaves are falling, the rain has begun – this is the Grafenwoehr I remember from my years as a lieutenant. Before we all break for a well needed holiday season, I'll touch on some things impacting our community.

Native American celebration

Thanks to Sgt. 1st Class Ward and the rest of the Equal Opportunity group and committee for the Native American Recognition / Ceremony held in the Vilseck Theater Nov. 21. While the attendance was sparse, the program was fascinating and I believe all in attendance took away an appreciation for how Native Americans have contributed to the success of our military and the nation.

In 1782, our Founding Fathers chose as our national motto "E Pluribus Unum" meaning, "Out of many, One."

Today our nations' unity, derived from a mix of diverse cultures, races, and people embodies the vision expressed by our founders. American Indian and Alaska Native cultures contribute to our national identity with their spiritual and artistic literary contributions, vibrant customs, and



celebrations.

I invite everyone to explore the history and heritage of our Native American brothers and sisters and reflect on how all of us make one.

Army Safety Campaign

With the onset of the Global War on Terrorism, accident rates in our Army increased. Recently we have seen a drop in these accident rates, undoubtedly because leaders and friends "refused to walk by" and stopped potential safety incidents.

The Army has recently established a short term goal to reduce accidents by another 20 percent. In order to do that they have charged all units to the brigade and garrison level to establish safety and health plans to improve workplace safety and occupational health and promote accident reduction.

That is a great goal and the garrison will move forward establishing programs, classes, and media awareness about safety.

But it all comes down to you – the members of the community. You all must "On the Edge," and if you don't know what the 'Edge' is, get supervisor help to figure it out.

Stop, think, and be aware of those around you to help us drive down the accident rate

Combined Federal Campaign

I spoke previously in this column about the Combined Federal Campaign, the one time (besides Army Emergency Relief) that the

Army asks us to help.

The goal remains 100 percent contact. To date our donations have increased but we still have units and personnel who have not been contacted.

I'd ask all key control personnel to redouble their efforts. Contact everyone and give them a chance to help.

And for the remainder of the community, think hard and determine if you can make a difference in an organization or individual's life by contributing to the Combined Federal Campaign.

Flu Shots

USAREUR has the first confirmed case of influenza. In addition the Medical Command is tracking flu shots as a deployment factor for our Soldiers.

Contact the TMC and arrange for your flu shot. Remember the flu can be life threatening to the old, young, and those with weakened immune systems.

And since we are talking about the TMC,

See **COMMAND MESSAGE** Page 3

*Col. Brian T. Boyle
Commander, U. S. Army
Garrison Grafenwoehr*

For Military Spouses

Reader response prompts IA follow-up



JACEY ECKHART
On the Homefront

Last week I wrote about new policies being written for families of individual augmentees.

IA's are Navy personnel E-4 to 0-6 who are deployed to boots-on-the-ground jobs in Iraq and Afghanistan. That job is a little different for the blue water Navy.

And from the responses I received from service members and readers, it's a lot different for their families.

Commander Laura Leigh Venable was one of the first responders to that column. Venable is the executive officer of the new Expeditionary Combat Readiness Center.

I would have called her office "IA's R Us." But coming up with names that make sense to families is exactly the kind of thing that keeps me out of the military.

Venable said that the ECRC's mission is to oversee processing, training, and equipping

our IA's nationwide. Part of that job is to reach back to support families during deployment.

"The first thing is that if the sailor is properly trained they have best chance to do their job and come back safely," said Venable in a phone interview. "The second thing is to take care of whatever the IA needs so that he can concentrate on the mission and not worry about the family at home."

Since the unit has only been in action since October, the grand total of the effort toward families is an interim hotline: 877-364-4302.

Families who call reach a voice recording with instructions to call another number in case of emergency.

Otherwise family members can leave a name and number and someone on the staff will get back to them. Venable says that as soon as technical difficulties are resolved, family members will reach a live person.

But I've got to ask: is a hotline really going to help? Isn't that an idea that has been done and done and done to death?

Katy Shigekane's husband has been deployed as an IA twice. She welcomes a phone number that would get her information.

I've got four magnets on my fridge already with hotline numbers from people who swear they can hook up military family members of any kind with the right resource to handle their problem.

So far, I'm having trouble finding people who think that the hookup will be enough of a help to IA families.

LCDR James Grimes, a Navy reservist who is just beginning his 15 month IA tour in Iraq, wrote in to point out that the families of IA reservists have been dealing with these faceless resources for a long time.

"Sure there are 1-800 numbers for everything, but there is often no local experience from which to draw like there is in the active community," wrote Grimes in an e-mail.

"And the 1-800 staff, while well meaning, may not, and really can not, provide personalized support needed by these isolated family members," he said.

See **MILITARY** Page 3

Let caring holiday spirit carry over to relationships with troops

This is a special time of year. Thanksgiving provides an opportunity

to reflect on our freedom and give thanks for our blessings. Christmas and Hanukkah are traditional times to gather with family and friends and share the joy of the



season.

As we celebrate over the holidays with our loved ones, let us take time to think about those who are deployed in support of our nation's conflicts. Let us also remember to remain vigilant in terms of safety.

I recently pledged our support of the Secretary of the Army and Chief of Staff goal to reduce accident rates in fiscal year 2007 by 20 percent.

I am fully confident that we will meet this goal if the caring spirit of the holiday season carries over into our relationships with fellow

Soldiers and our Under the Oak Tree counseling.

You can make a difference in someone's life this holiday season by showing you care and practicing the concepts of *Don't Walk By*. Our caring about the welfare of our battle buddies will result in fewer accidents and help prevent fatalities.

Our fatality rate so far this fiscal year is lower than it was last year at this time. However, even one death is too many.

We recently lost two young Soldiers in a tragic nighttime encounter with a high-speed train.

This tragedy represents the stark reality of what can happen if we do not consider the possible consequences of our actions.

We can help ensure that this holiday season will be a safe one by planning carefully to identify and mitigate hazards.

Previous holiday seasons have been marred by excessive alcohol

See **OWN THE EDGE** Page 3

*Gen. David McKiernan
Commander,
U. S. Army Europe*

Bavarian News

Grafenwoehr • Hohenfels • Vilseck

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USAG G Commander
Col. Brian Boyle

USAG G Acting Public Affairs Officer
Nick D'Amario (475-6417)

Bavarian News Editor
Adriane Foss (475-7113)

Vilseck Correspondent
Jodi Ward (475-1600)

Food & Culture Columnist
Martina Bias (475-1600)

Library offers holiday activities

USAG Grafenwoehr Library staff

Dear Mrs. Claus,
I saw a lady in the library today who said that she was Santa's wife. She was dressed like you, but was it really you?

HoHoHo... Santa tours the world, riding his sleigh from town to town, but Mrs. Claus never travels anywhere.

The never-ending snow at the North Pole is getting her really miserable and so she has decided to take a trip to her hometown of Grafenwoehr.

Mrs. Claus quickly hitches Rudolph the Red-nosed Reindeer to the sleigh and promises Santa to be back at the North Pole by Christmas Eve.

This is the first time in many years that Mrs. Claus leaves Santa in his workshop.

We have it on good authority that Mrs. Claus was born in Grafenwoehr and that she will visit the children at

the Grafenwoehr Library.

So come and join us on the Dec. 6 for a morning full of family fun. We begin the day with Story Time and Mrs. Claus at 1030.

Mrs. Claus will take the time to visit with the children in the Grafenwoehr Library from 11 – 11:30 a.m. Children can bring their Christmas wish lists and Mrs. Claus will make sure that Santa receives all lists before the holidays.

For more information, call DSN475-1740 or stop by.

CREATIVE CHRISTMAS

The holiday season is a fascinating time of the year. It can bring out the best and the worst, the

happiness and the melancholy in men, women and children.

It is a time of manic shopping, continual hustle and bustle, and joyful creativity.

The Grafenwoehr Library would like to help you explore your holiday

creativity with a Family Fashioned Ornaments session Dec. 14 from 4:30 - 6:00 p.m.

Bring the whole family to this Make It! Take It!

Event where you will learn how to make candy cane reindeer, applesauce ornaments, and more. Each ornament will become a treasured memory of your joyful creativity.

SEASONAL TREATS!

When the winter holidays finally arrive, they bring with them a tightly packed schedule of activities, events, and must do's that can overwhelm even the most seasoned moms.

With gift shopping, activity planning, wrapping sessions, house decorating and tree trimming, holiday proceedings can overcome the simpler pleasures.

To help you alleviate some of the stress of the festive season, the Grafenwoehr Library is hosting a relative newcomer to holiday traditions, A Cookie Exchange.

Begun in the early 1970s, the Cookie Exchange or Swap is an event that adds to the pleasure of the season and helps to lighten the workload.

Each participant should bring six dozen holiday cookies (of one or two recipes) and will take home six dozen cookies of a large variety.

The afternoon exchange will be Dec. 19 from 12:30 - 2 p.m.

Weapons competition continues to draw U.S., German troops together after 15 years

Continued From Page 1

The competition is a result of almost 15 years of cooperation between USAREUR and German professional military education schools – and a friendship between allies that has built up for decades.

“We have had an active partnership with the 7th Army NCO Academy since the early 1990s,” said Maj. Peter Hug, German NCO academy deputy commandant. “Besides weapons training, the Schutzenschnur allows interaction between German and American Soldiers.”

“There is no better partnership in Germany,” agreed Sgt. Maj. Charles Roster, the U.S. Army exchange sergeant major to the German academy. “We do these shoots three to four times yearly, and we always have more people apply than we can handle.”

For those fortunate enough to participate, there's a chance to receive either a gold, silver or bronze Schutzenschnur marksmanship award,

which U.S. Soldiers can wear on their dress uniforms.

Spec. Daniel Leinweber, 2nd Squadron, 2nd SCR, one of two Soldiers to earn a roped gold medallion, called his participation “a great opportunity to interact with German Soldiers and use their weapons.”

“Everybody wants to come to this training, he said. “Our unit alone could fill the ranks of the classes every time, if they let us.”

And there would be no trouble filling the firing positions with German Soldiers also ready to share their marksmanship skills.

“Many of the Soldiers in my unit want to come as well,” said Obergerfrieter (private first class) Sven Buchwald, a German army medic. “This is a nice change from our normal training. It is good to talk with other Soldiers and learn from each other.

“The atmosphere here ... we are like brothers,” he said.

User-friendly bazaar a success with visitors, vendors

Continued From Page 1

“We did really well. Typically we've had 24 to 26 vendors, but this year we invited 53, and 44 of them attended, doubling vendor turnout.”

Diaz said the bazaar is the club's biggest fundraiser of the year and the vast majority of the money will go back to the community.

The club's Welfare Committee are made up of several ladies who are “heavily involved in the community,” explained Diaz. As they receive a myriad of requests throughout the year, the committee votes during monthly meetings on which organizations and individuals should receive the money.

Diaz said the money is given as scholarships to graduating seniors, for school supplies or trips, scouting clubs, and to many other activities in need. “

Diaz said the club received positive feedback from customers, and hopes only to improve next year.

“Shoppers said they really enjoyed the layout. We made it stroller and wheelchair friendly,” she said of the wide aisles. “We wanted to go larger, make it worthwhile for customers to walk out that door (at home) because Hohenfels is kind of isolated.”

But customers weren't the only ones who said they enjoyed being catered to.

“The vendors liked the hospitality room we set up where people donated crock pots of stew, drinks, snacks, and other warm foods for the vendors,” said Diaz. “Many vendors said they would return next year for the hospitality alone.”

She said she was pleased to see the community turnout.

“It really wasn't possible without them. When they came out to buy stuff for themselves and their family, they were really buying two things,” he said. “They were buying that rug that will look great in their living room, but they were also buying a piece of the community. That's where the money is going - back to the community to support family activities.”



Customer service, wide aisles, and vendor variety helped boost 2006 bazaar sales.

Military families considered the ‘real experts’

Continued From Page 2

Other readers also doubted the ability of a purely informational hotline to aid the unique problems IA families are facing.

After being married to the military for 15 years, Anne Frack of Norfolk said that she would be reluctant to call a hotline.

“Personally, I would call the hotline as a last resort. I would expect to get the usual ‘anonymous dependent’ treatment,” she said. “I don't know many military wives who would call a hotline instead of dealing with a live person who will give us honest answers and try to work with us in finding a solution to whatever the problem might be.”

Frack isn't the only one who is missing the usual “real live person” family members often find in the command ombudsman or fellow crew member's spouse.

Katy Shigekane's husband has been deployed as an IA twice. She welcomes a phone number that would get her information—any information. But she misses

having a deployment buddy—someone to count down the days with, someone who is going through the same thing at the same time.

“My suggestion would be Internet groups,” Katy wrote. “People could join groups like ‘Spouses on IA in Afghanistan.’ Another could be ‘Spouses in Djibouti’.” People could post messages or receive emails similar to Yahoo groups. That might offer more personal support.”

Readers like Cat Blair, whose family moved to the Tidewater area just before her husband left for IA duty, might be interested in a group like that.

“Wouldn't it be nice to meet with people once in a while who have the same sorts of problems (like) how long do I let my 8-year-old blame his dad leaving for all his problems? How do you keep a 2-year-old in contact with dad?”

How do you explain to a 4-year-old what daddy is doing? How is coming home from a war zone going to impact my spouse more

than a regular deployment?”

All good questions. Over the next few months, Venable and her folks over at IA's R US (Okay, okay, Expeditionary Combat Readiness Center) are going to be working on answers. She welcomes the input of IA families and you can reach her at 800-462-4744, ext. 103. I urge you to call. Although I think the Navy folks on Venable's team mean well and want to do the right thing by military families, this is a completely new situation.

It's going to take some innovative thinking, not only by implementers and Navy policy makers but by the families who have gone through IA tours already.

You IA families (and other military families) are the only experts available. Take yourselves and your ideas seriously. I do.

A military wife for 19 years, Jacey Eckhart is a syndicated columnist from CinCHouse.com (www.CinCHouse.com) and author of “The Homefront Club” (Naval Institute Press 2004).

Orphanage donation to end tomorrow

Special to the Bavarian News

Each year members of the Grafenwoehr Torch Club and the Keystone Club assist the Veterans of Foreign Wars Post 9334 (Vilseck) by collecting toys and clothing for the Orphans in Most, Czech Republic.

This is an annual project whereby new presents are purchased and taken to the Graf Teen Center and presents will be wrapped by staff members and the Torch Club.

The Teen Center in Grafenwoehr was selected as this year's collection site. Personnel living in Vilseck can still make their donations at the Vilseck Commissary and those living close to Graf can donate at the Grafenwoehr Teen Center.

For more information, call DSN 475-7441 between 3 and 7 p.m.

Personnel who wish to attend the Christmas Program in Most should contact Jim Dicks at the Grafenwoehr Teen Center.

Own the Edge

Continued From Page 2

consumption, vehicle crashes, suicides, domestic violence, quarters fires, and recreational injuries, all of which take people away from the mission.

Let us keep this in mind as we plan our celebrations and take steps to avoid dangerous situations. Those who plan to drive should use the Automated Safety Management Information System-2 privately owned vehicle risk-assessment tool to help ensure a safe trip.

I am grateful for your dedicated service to our nation. Stay in the fight by actively managing those conditions that could take you or your buddy out of the Global War on Terrorism.

Think through your plans, identify the hazards, and know your personal limitations. In other words, Own the Edge as you enjoy the holidays!

Command Message

Continued From Page 2

we continue to thankfully have a limited number of sexual assaults.

However many of our patients are not conducting or finishing their follow-up care. Even in a restricted report our victims have the right to full confidential medical, spiritual, and other services, and I recommend they take advantage of this service.

While this message reaches all of you after your big Thanksgiving feast, I hope all of you remembered those who could not celebrate with you or their loved ones. Many (like those of us who have done it in the past) ate their meal in a makeshift camp or posts around the world. Let's be glad this year we could all be together safe with family and friends and continue to be smart throughout the holiday season.

If you drink, don't drive! When you drive, be defensive and well rested. We and your families need you back safe and recharged for upcoming missions.

Ladies and Gentlemen!
You Are Cordially Invited To:
“AWAG...KEY TO SUCCESS”
Oberpfalz Area Conference 2006
Saturday, Dec. 2
9 a.m. – 4 p.m., Hohenfels High School
JMRC, Hohenfels, Germany
Cost: \$15 per person
Price includes a light breakfast, lunch, and seminars.
*Transportation for the Vilseck and Grafenwoehr communities will be provided, and the Hohenfels CDC will be open for your convenience.
Reservations are required through the registration form.*
For more information, contact Laura Redden – oberpfalz1@awag.us or call CIV 09492-601-785
To register, log onto www.hcsc.homestead.com/AWAG.html.
Payment is accepted by check or PayPal.



Honor Roll Roundup 1st Quarter

Hohenfels Middle School

Atwater, Terri K
Brunnelson, Teresa
Cox, Nina K
Feltz, Jessica R
Foster, Tatyana E
Halverson, Ashley C
Herzig, Jane A
Luera, Priscilla
Matheson, Rebecca C
Mills, Alexandria K
Ratcliff, Leyna M
Rodman, Meggie M
Wollersberger, Nina A
Anselmo, Kaitlin N
Astello, Thalia G
Bowman, Sabrina R
Hoffman, Jocelyn C
Holguin, Arielle A
Lehfeld, Caitlin A
Metz, Tyler J
Salazar, Maegan N
Schumann, Kathryn
Sellers, Ian K
Walrod, Grant K
Bordelon, Brandon L
Chernyshenko, Zlata
Cole, Vanessa L
Davis, Stephanie M
Hoch, Amy E
Ramirez, Briana M
Reid, Luke J
Trainer, Lars C
Espinosa, Milon M
Fields, Kiera
Garcia, Patrick J
Leija, Stephanie R
Mallard, William T
Worrell, Carl J
Barrieffe, Gabrielle S
Foster, Adrian L
Mendez, Gadiel
Pollett, Brandi R
Timmerman, Connor B
Tolbert, Dominique T
Bronell, Katelyn M
Brown, Maher O
DeLass, Sarah D
Knight, Tanisha M
Redden, Jeffrey D
Rogers, Darryl E
Calhoun, Jimmy Jeffrey
Grantham, Ashlyn L
Lewis, Rashelle L
Martin, Ovidiu
Morales, Juan J
Winstead, Curt M
Adams, Tori A
Atkins, Leon T
Hamlin, Sean M
Hatch, Dakota R
Haws, Jonathan R
Lambert, Jamilah
Martin, Codruta
Nelson, Ryan D
Sessoms, Korey J

Hohenfels High School

Vandal, Stephen A
Axon, Lyndy E
Larumbe, Stephanie K
Adams, Emily G
Greene, Meghan J
Helbling, Aaron J
Holguin, Janelle
Matheson, Ryan J
Nelson, Victoria A
Reyes, Christine K
Santelices, Lilian
Vandal, Eric T
DeLass, Loisann A
Eaddy, Chauncey M
Grantham, Alissa S
Herzig, Michael A
Parks, Dana C
Rollins, Joyce A
Wollersberger, Eric A
Davis, ShaNonte K
Turner, Vanessa S
Cullum, Katelyn N
Artman, Tori D
Calhoun, Jazmine J
Caples, Melissa J
Elliott, Alexander M
Haws, Jannika P
Newell, Ian A
Redden, Shaun M
Reinick, Angela R
Riera, Stephanie S
Arnold, Kirsten E
Milock, Rachel M
Adams, Sarah E
Boerst, Samantha M
Bryant, Zackary M
Byon, Sung K
Caples, Mark H
Davis, Nathan A
Fluker, Natascha L
Marshall, Anthony A
Maupin, Max G
Metz, Bryce
Nelson, Emily M
Petery, Sunny M
Schumann, Kelani C
Walbroehl, Ashley M
Walloch, Jessica D
Wells, Vanessa R

Andino, Esselyn
Araujo Roper, Caio
Collins, Sabrina J
Howard, Kimberly K
LeMasters, Alexsander P
Oberlin, Samantha E
Thorne, Matthew E
Williams, Joshua M
Fry, Ta'hirih V
Battley, Justin M
Boldin, Amber J
Camp, Gabrielle L
Collins, Stefanie T
Davis, Kenneth
Fisher, Christopher J
Fuks, Martin
Germer, Branden J
Helbling, Morgan J
Hoss, Mary C
Mittag, Emily P
Nicholson, Mica K
Ogle, Christina M
Redmond, Christopher T
Soumaoro, Idrissa
Taylor, Tiffanie R
Van Fleet, Patrick R
Payton, Blair L
Artman, Tristan A
Feliciano, Kaizamar
Pietras, Jennifer D
Porter, Hannah E
Atkins, Teia J
Brunnelson, Laura M
Cox, Jamie L
Denson, Bertram I
Elliott, Christopher S
Giller, Alesia M
Hoss, Lucas A
Jessup, Nino L
LaVanway, Mandy K
Mesch, Johnnie M
Ogle, Michael W
Rivera, Augusto C
Robertson, Gary W
Ruiz, Shaniece M
Simpson, Lisa M
Thapvongsa, Manivanh C
Van Fleet, Eric D
Wells, Lacy O

Grafenwoehr Elementary

A's and B's Grades 4-5
Tomas Brown
Ayanna Hall
Breanna Hogan
Kirk Logan
Ciaran McCabe
Ian Seitz
Nicholas Serrano
McKenna Tallant
Austin Holmstrom-Conn
Nicolas Hubert
Ingrid Langhammer-Kenan
Michaela Lechwar
Hannah Bartolotto
Enrique Blunt
Hana Owens
Darrius green
Michaela Gibson
Kaden Price
Haylie Steffe
Gabiella Sullenger
Taylor Watson
Nahki Buchanan-
Johanningmeier
Joshlyn Castillo
Felix Garcia
Astrid Gonzalez

All A's Grades 4-5
Sofia Dinges
Michaela Todd
Andrew Toohey
Samantha Bidingier
Michela Caffrey
Adrian Trevino
Chanelle Garcia
Edgar Guardarrama III
Molly Maine
David Ramirez
Mariel colon-Leyva
Patrick DePuy
Devin Florendo
Emily Manzo
Katherine Mason
Aspen Moore

NOTE: Students receiving this recognition did not receive any D, F, or I grades for this grading period.

Hohenfels students cast their ballots during mock election

Special to the Bavarian News

On Nov. 7, Hohenfels’ middle and high school students participated in a mock election. Students in grades 7-12 signed into the polling place and voted on current issues that face newly elected officials in the United States. Voter turnout for the event was exceptional as 290 of the 342 eligible voters cast their electronic ballots. The electronic referendum allowed students to submit their online ballots on topics ranging from the War on Terror to current minimum wages. The results from the student election surprised some: (Results do not include abstentions).

War in Iraq

- Do you favor or oppose the U.S. war in Iraq?
- ☐ 119 Favor
 - ☒ 136 Oppose
- Do you think the U.S. should or should not withdraw some troops from Iraq by the end of the year?
- ☒ 166 Should withdraw
 - ☐ 87 Should not withdraw
- Do you think the U.S. will or will not win the war in Iraq?
- ☒ 206 Will win
 - ☐ 43 Will not win

Terrorism

- Do you favor or oppose wiretapping phone conversations between someone in the U.S. and someone in another country without a court order if the government suspects that one of those people may be a terrorist?
- ☐ 121 Favor
 - ☒ 129 Oppose
- Do you think the actions taken by the federal government since 9/11 have made the U.S. safer or less safe from terrorism?
- ☒ 182 Safer
 - ☐ 68 Less safe

- Do you think it is more effective to try to prevent terrorist attacks on the U.S. by military action or by economic and diplomatic actions?
- ☐ 99 Diplomatic actions
 - ☒ 158 Military actions

Economic Issues

- Do you favor or oppose raising the minimum wage to \$7.15 an hour (from the present \$5.15 an hour)?
- ☒ 201 Favor
 - ☐ 47 Oppose
- Do you think the federal government should or should not impose a tax on estates that are worth more than \$1 million?
- ☒ 138 Should
 - ☐ 110 Should not

- Do you think the government should be primarily responsible for solving the problems of poverty and homelessness, or do you think those problems should be the responsibility of individuals, businesses, and private or religious organizations?
- ☒ 150 Government
 - ☐ 104 Individuals, businesses, organizations

Immigration

- Do you favor or oppose building a fence along the entire border with Mexico?
- ☒ 133 Favor
 - ☐ 114 Oppose

- Do you favor or oppose increasing penalties for employers who hire illegal immigrants?
- ☒ 28 Favor
 - ☐ 118 Oppose

- Do you favor or oppose allowing some illegal immigrants to stay in the U.S. and apply for citizenship if they have a job and pay back taxes?
- ☒ 184 Favor
 - ☐ 63 Oppose


Moral Issues

- On abortion, if you had to choose, would you describe yourself as “pro-life” or “pro-choice?”
- ☐ 120 “Pro-life”
 - ☒ 136 “Pro-choice”
- Do you think marriages between gays or lesbians should or should not be recognized by the law as valid?
- ☐ 123 Should
 - ☒ 134 Should not
- Do you think the federal government should or should not fund research that would use newly created stem cells obtained from human embryos?
- ☒ 147 Should fund
 - ☐ 108 Should not fund

Ballot taken from Cable News Network, retrieved from www.cnn.com, 24 October 2006.

**CARDBOARD SPECIAL**
Thursday, 30 Nov
VILSECK ON-POST HOUSING AREAS
CURBSIDE COLLECTION OF CARDBOARD BOXES
➤IN CONJUNCTION WITH ROUTINE PAPER PICKUP
➤PLACE AT CURB – NEXT TO PAPER BINS
➤WRAPPING PAPER IS ACCEPTED
➤NO OTHER GARBAGE OF ANY KIND


Vilseck SORT Program, DPW-O&M, DSN 476-2600, Civ. 09662-832600



Hospital Guided Tours

... are conducted each month at one of three local hospitals on a rotating basis. Get acquainted with hospital staff, view labor/delivery rooms, nursery and maternity ward. Get your questions answered!

Amberg Hospital Tour
St. Marien Krankenhaus

Thursday, Dec. 7 at 6 p.m.
Meet in hospital lobby at 5:50 p.m.

Call ACS to register today:
Vilseck: 09662 83 2650,
Graf: 09641 83 8371



CFC-O News

How much would you give to Make a World of Difference?


\$2	per month buys a winter sleeping bag for a homeless child	\$10	per month feeds a child for 30 days
\$2	per month removes 100 pounds of trash from a beach	\$12	per month protects six acres of rainforest
\$3	per month supplies a luncheon for families of deployed service members to thank them for their sacrifice	\$20	per month provides vaccines against measles, yellow fever, diphtheria, tuberculosis and polio for 40 children in a developing country
\$6	per month promotes environmental conservation in an isolated village in a developing country	\$20	per month supplies a doctor with one surgical kit to assist earthquake victims
\$8	per month provides some clothing and supplies to a fire victim	\$21	per month stocks a medical chest at a rural health clinic
\$8	per month buys one infant scale to monitor child suffering from malnutrition	\$25	per month sponsors a career exploration program for a young adult
\$9	per month helps rebuild a war-torn country	\$31	per month buys medicines to treat 1,000 adults and children for three months
\$9	per month can help a child with cerebral palsy through four therapy sessions	\$43	per month connects a child at risk with a caring mentor for one year
		\$50	per month buys one veterinary kit to help keep a town's livestock healthy in a developing country



Combined Federal Campaign-Overseas www.cfcoverseas.org

2006 U.S. ARMY PHOTOGRAPHY CONTEST

CALL FOR ENTRIES



The 2006 Army Photography Contest (Digital)

Enter your favorite digital images to compete against the best photographers in the Army. Categories: people, place, object, military life, experimental

Go to www.armymwr.com for entry form and contest rules

How to submit: take photo cd's with completed entry form to your local Arts and Crafts center or Community Recreation Office

Entry deadline: December 31, 2006

Czechs honor vets in Rokycany

Story and photos by
NICK D'AMARIO
USAG G Acting PAO

Every year since 1991, dozens of Veterans of Foreign Wars members celebrate Nov. 11 with ceremony and celebration in the Czech Republic town of Rokycany, located just east of the city of Plzen. This year's ceremony started with the Nov. 11 ceremony at the Rokycany demarcation monument. This monument is representative of the 1945 agreement between the U.S. and Russians that U.S. forces would not advance further east than Plzen, although General George S. Patton's Third Army actually ventured as far east as Prague before being ordered to pull back. The next morning the "Blessing of the Flags" at Rokycany's Virgin Mary of the Snow church was held and filled the church until there was standing room only. Later in the day a one-mile parade led by U.S. veterans ended in the town's center where hundreds of local citizens and squads of Czechs dressed in World War II uniforms gathered with VFW members, friends, and dignitaries to include the Czech Justice Minister. One of the speeches that day was rendered by the U.S. guest-of-honor, Maj. Bryan Denny, the 2d Stryker

Cavalry Regiment Executive Officer, who spoke of the important historical ties between Czechs and Americans. Denny also lauded Rokycany for the hospitality and warm welcome shown to U.S. vets on such an important occasion. Since organizing the event 15 years ago, area resident and U.S. vet

Hal Hedges has been a regular host of Veteran's Day celebrations at Rokycany. Hedges, who is a WWII, Korean, and Vietnam combat veteran, has worked closely over the years with Rokycany Mayor Jan Baloun and Vice Mayor Marie Hlavkova who, in turn, provide outstanding support for the

dozens of veterans and family members participating in the events. Whatever the reason these men and women of the VFW have for coming to Rokycany, they are each and every one an ambassador for continued good relations with their Czech neighbors. And it is clear, from the warm response by Czechs—both young and old—at the ceremonies, that they will not be forgotten.



Dozens of participants wear vintage WWII U.S. military uniforms.



Hal Hedges, a veteran of three wars, salutes during the U.S. national anthem in Rokycany. Hedges, an area resident, began organizing the annual event 15 year ago.

Spotlight on Education



Name: David Dinges
School: Grafenwoehr Elementary

What grade/subject do you teach? 4th Grade Language Arts and Science

Hometown? I was born in Vicenza, Italy. I am a military child, DoDDS alumni, and veteran.

How long have you been a teacher? 11 years

What do you like best about teaching? Being able to provide fun and meaningful opportunities that make a positive difference and encourage growth in each of my students. My greatest satisfaction is helping them succeed and reach their full potential in all aspects of their lives. I'm honored to be their teacher, coach, mentor and role model.

What advice can you give students to help them succeed in school? The greatest success in school begins with the student. There are several things students can do to be successful. Stay organized; it makes life so much easier if you know what you need and where to find it. Listen, especially to parents and teachers, so you can gain valuable knowledge. Keep a positive attitude. You can achieve great things and make meaningful connections to others when you show a positive and respectful attitude.

Re-use saves \$1.6 million



by Franz Zeilmann

Alfons Harrer, manager at the Hazard Material Management Center at the Regional Supply Support Activity checks supplies for reuse. The Re-Use section at the RSSA center saved \$1.6 million by reusing turned in supplies last year. More than 90,000 orders were served by reusing supplies. Earlier this month, the RSSA was awarded the "Installation Management Activity Europe Chief of Staff Army Supply Excellence Award."

DoD announces units for next OIF rotation

DoD news release

The Department of Defense has announced the first of the major units scheduled to deploy as part of the next Operation Iraqi Freedom rotation. This announcement involves one Army division headquarters and five Army combat brigades consisting of approximately 20,000 service members. The scheduled rotation for the forces identified in this announcement will begin in early 2007. Force levels in Iraq continue to be conditions-based, and are determined based on the recommendations of military commanders in Iraq and in consultation with the Iraqi government. U.S. force rotations will be tailored based upon changes in the security situation. Iraqi security forces continue to develop capability and assume responsibility for security in Iraq. This rotation continues the U.S. commitment to the stability and security of Iraq, yet is flexible and adaptable in order to meet the

evolving requirements. For Operation Iraqi Freedom, the major units announced today are: 3rd Inf. Div. HQ, Fort Stewart, Ga. 4th Bde., 1st Inf. Div., Fort Riley, Ks. 4th Bde., 2nd Inf. Div., Fort Lewis, Wa. 3rd Bde., 3rd Inf. Div., Fort Benning, Ga. 1st Brigade, 82nd Airborne Division, Fort Bragg, N.C. 173rd Airborne Bde., Vicenza, Italy The department also alerted approximately 27,000 active duty and 10,000 reserve component troops in combat support and combat service support units smaller than brigade-size elements for deployment beginning in 2007. DoD will continue to announce major unit deployments as they are identified and those units are alerted. The individual services will announce the smaller, supporting units for this rotation. For information on the units announced or other units involved in this rotation, please Army Public Affairs at CIV (703) 692-2000.

Looking out for your buddy!



Courtesy photo

Grafenwoehr Elementary School teacher David Dinges poses with his fourth grade class Oct. 19. The students helped class member 9-year-old Shayla Washington create a colorful banner to welcome her father home after a one year tour in Iraq. Sgt. 1st Class Victor Washington, an Ammo Specialist with the 529th Ordnance Company, returned to Grafenwoehr Oct. 31.

PLRS Preliminary LOSS REPORTS for the week of 28 Sept- 4 Oct 06

5 SOLDIERS DIED IN ACCIDENTS

- 5 Soldiers Injured
- 1 M1114 Damaged

➤ A Soldier died Oct. 3 from injuries he sustained in a motorcycle accident Oct. 1 at 1120 local in Daleville, Ala. The Soldier was operating a 2001 Suzuki TL1000 motorcycle at a high rate of speed when he crashed into a 1998 Buick LeSabre that pulled out in front of him against oncoming traffic to cross the median. The Soldier was licensed, had completed an Army-approved Motorcycle Safety Foundation Course, and was wearing the required PPE. **COST: 1 Soldier Killed**

➤ A Soldier was killed in a rollover accident Sept. 29 at about 2145 local near Camp Ashland, Neb. The Soldier was one of three passengers in a 2005 Chevrolet Trailblazer. The driver tried to pass a vehicle on the shoulder of the road at a high rate of speed and lost control of the vehicle, causing it to leave the road, roll and crash into a pole. The passenger was not wearing her seat belt and was thrown from the vehicle. The other occupants were wearing their seat belts and received minor injuries. The driver is facing charges, and the U.S. Army Combat Readiness Center is investigating the accident. **COST: 1 Soldier Killed 3 Soldiers Injured**

➤ A Soldier was killed and another two injured in a rollover accident Sept. 30 at about 0817 local near Baumholder, Germany. The Soldiers were traveling in a 1989 BMW when the driver lost control of the vehicle causing it to leave the road, hit a wall and roll. The driver and surviving passenger (both Soldiers) were treated and released at a local medical facility. Alcohol was a factor in the accident. **COST: 1 Soldier Killed 2 Soldiers Injured**

➤ A Soldier was killed in an M1114 HMMWV rollover accident Sept. 30 at 0940 in Iraq. The Soldier was the vehicle gunner in a six-vehicle convoy. The HMMWV was traveling on a narrow road at a distance due to dusty conditions. A suspension failure caused the vehicle to spin, slide sideways and roll. Due to the rollover, the vehicle's communication equipment was disabled and the remaining five vehicles proceeded without noticing the accident. Approximately an hour passed before they noticed the vehicle missing and returned to help. The Soldier died as a result of his injuries. The U.S. Army Combat Readiness Center is investigating the accident. **COST: 1 Soldier Killed 1-M1114 Damaged**

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<https://cro.army.mil>

OWN the EDGE

Leading on the Edge

IMCOM deputy commander nominated for second star

IMCOM-E news release

The deputy commanding general of the newly-formed Installation Management Command has been nominated for a second star. Secretary of Defense Donald Rumsfeld announced Nov. 7 that the president had nominated Brig. Gen. John A. Macdonald for appointment to the rank of major general. Macdonald had served as director of the Installation Management Agency since May. On Oct. 24, the Army activated the Installation Management Command, appointing Lt. Gen. Robert Wilson as IMCOM commander and Macdonald as deputy commander. Elevating the former Installation Management Agency to the full authority of a command is designed to strengthen and



Brig. Gen. Mcdonald

consolidate installation support services to Soldiers and their families. Before his command of IMA, Macdonald was commanding general of the Community and Family Support Center in Alexandria, Va. Under IMCOM, CFSC was renamed the Family and Morale, Welfare and Recreation Command and became a subordinate command, as did the Army Environmental Command. The Family and Morale, Welfare and Recreation command is led by Brig. Gen. Belinda Pinckney; the Army Environmental Command is led by Col. Michael O'Keefe. Both subordinate commands have their own flags. The IMCOM commander is dual-hatted as the Army's assistant chief of staff for Installation Management, reporting directly to the Army Chief of Staff. **Command and control structure** The establishment of the Installation Management Command is part of the Army's efforts to reorganize its commands and specified headquarters to obtain the most agile command and control structures to support the expeditionary, modular force. In announcing their decision to form IMCOM, Army officials said the full authority

of command is vital to effectively direct the vast resources necessary to support troop deployments while meeting the needs of their families. Consolidating the installation management structure under IMCOM optimizes resources, protects the environment and enhances well-being of the Army community. IMCOM will provide fast, efficient and agile support to commanders in the performance of their tactical and strategic missions. **Command relocation** The new command, currently headquartered in Virginia and Maryland, will relocate in 2010 to Fort Sam Houston, Texas, in accordance with requirements of the 2005 Base Realignment and Closure round. The deputy commanding general will locate in Texas, while the commanding general and ACSIM functions remain at the Pentagon. The new command also will consolidate the four IMA regions within the continental United States into two as required by BRAC. The West Region will stand up in November at Fort Sam Houston, with consolidation taking place over the next few years. The East Region will locate at Fort Eustis, Va., in 2010.



Operation Homefront's
[eCarepackage.org](http://ecarepackage.org)

Just in time for the holidays, Operation Homefront launched eCarePackage, an online service that allows caring citizens to send care packages to deployed troops and their families. "Adopt" a service member by visiting the organization's Web site at www.ecarepackage.com. For more information, visit www.operationhomefront.net.

War on Terror like Cold War, not World War II

by JIM GARAMONE
American Forces Press Service

To fight the war on terror the United States will need the perseverance its citizens demonstrated during the Cold War, not the complete national mobilization of World War II, Defense Secretary Donald Rumsfeld said Nov. 9. Rumsfeld spoke at the Landon Lecture series at Kansas State University, in Manhattan, Kan. **Ideology of global reach** "Like the Cold War, this era finds America and our allies in a struggle against an ideology of global reach," the secretary said. "And like the Cold War, this era requires us to adapt and adjust our strategies, our way of thinking and our institutions." Rumsfeld said the war on terror is not going to be a short-duration, high-intensity conflict like World War II. Rather, it is more like the Cold War, where the country did not mobilize, but did demonstrate the perseverance to prevail over 50 years. **A very different experience** "We did it through successive administrations of both political parties, not just



Defense Secretary Donald Rumsfeld presents Kansas State University's 146th Landon Lecture to about 4,000 attendees in Manhattan, Kansas, Nov. 9.
by James Bowman

"Every year that goes by, there is a greater and greater likelihood that weapons of mass destruction are going to end up in more and more hands." -- Donald Rumsfeld

"You see what Iran did by way of providing weapons to the Hezbollah, to a non-state entity," Rumsfeld said. "And you look down the road, and other countries are going to say, 'Well, if Iran and North Korea are developing nuclear weapons, maybe we need to do that.'" He said it is only a matter of time before these weapons will be in the hands of non-state entities. **Deterrence will not work** Deterrence, which served the West so well in the Cold War, will not work against networks that have no real estate to defend, no industrial base and "no address where you can go after them." The world is moving to that scenario, he said, and the civilized countries must understand the threat and take steps to counter these threats. "We did it during the Cold War," he said. "I don't have any doubt, at all, that we're going to be capable of doing it during this long struggle that we face against violent extremists."

DoD: All-volunteer force a success, draft unnecessary

by JIM GARAMONE
American Forces Press Service

Citing the all-volunteer force's success, a senior Defense Department official said earlier this month that a draft would diminish the quality of U.S. forces and put more of the burden of service on the nation's poor. "I think the draft is opposed by anybody who has given it serious thought," said Bill Carr, deputy undersecretary of defense for military personnel policy. New York Rep. Charles Rangel - in line to be the next chairman of the powerful Ways and Means Committee in the House - said he will introduce legislation in the next session of Congress to reinstate the draft. **Draft not cost effective** Carr said the draft is not cost-effective and would force the military to lower its standards for recruits. A Government Accountability Office report, he said, estimated that a draft would add \$4 billion in annual costs to DoD. Because draftees usually spend the minimum time they possibly can in the military, the services would have to pump more money into training and would get less return on their training investments than they do with the all-volunteer force, he explained. One argument often put forward for reinstating the draft is that it would make the military more equitable. But Carr said such equity would lower the force's quality. **A more average military** "I think that it would make the military more average, and the military is considerably above average today," Carr said. "Two-thirds of our

recruits are from the top half aptitude (range), whereas an average or equitable share would be only half. "Moreover, we draw disproportionately from the middle class and the upper class," he said. "The underrepresented (in the military) are the poor. A draft would only shift the burden toward the poor." **Service make recruiting goals** Proponents for the draft say that the military cannot make the all-volunteer force work. This belies 33 years of experience, Carr said, noting that all services continue to make the recruiting goals and the recruiters continue to draw "above-average, exceptionally well-qualified young people." Retention is the best it has ever been, Carr said. Under the draft, two-thirds of the military were in their first two years of service. Today, two-thirds of the men and women in the force have served at least six years. **Enough Army?** As to whether there's enough Army for the jobs around the world — the 3rd Infantry Division headquarters, for example, will begin its third year-long rotation to Iraq next year - Carr said making the military larger has drawbacks. "If you have a large number of rotations, you could stand to have a larger military," Carr acknowledged. "But, what goes up inevitably must come down," he said. "If we were to grow the military and find ourselves in a few years shrinking it, that is one thing military leaders fear, because of the bond we created with those who joined us." If the Army temporarily needs more people,



by Sandra M. Palumbo
Iraqi children greet Soldiers during a security patrol in Jurf Assukhr, Iraq, Aug. 26.

then the president can call up the reserve components, Carr said. If the idea is to make the active duty Army larger, then the military would find itself shedding people in the future, he said. The services are working to make the most of their current ceilings on uniformed members by converting manpower authorizations that don't require a person in uniform to civilian positions, Carr said. This approach, he explained, puts more military people into uniquely military positions. Proposals to reinstate the draft certainly create debate in America, Carr noted. "But the debate inevitably comes to the conclusion that America won't have (a draft), and the military would resist it because it's going to lower our performance," he said. "The all-volunteer force is successful beyond the wildest expectations of its framers."

What's Happening

Grafenwoehr/Vilseck Briefs

2006 German-American Holiday Tree Lightings set

Grafenwoehr
Tuesday at 5:15 p.m.
Location: corner of Gettysburg Avenue and Wilbur Road
Vilseck
Dec. 7 at 5:15 p.m.
Location: next to the Health Clinic
Enjoy the Christmas spirit, German and American choirs, bands, St. Nikolaus and Santa Claus with surprises for children.

Garrison motorcycle group meeting slated tomorrow

The garrison motorcycle group will meet at the Thai restaurant in Grafenwoehr as follows:
Tomorrow
Dec. 14 and 28

Christian home educators support group meets in Graf

The Christian Home Educators Support Group meets every second Thursday monthly at the Graf library between 6 and 8 pm. Call CIV 09608-923-733 or terry.dawn@asamnet.de.

Racquetball tournament scheduled at Graf Dec. 9

The event will be held at the Grafenwoehr Field House, Bldg. 547, and is open to everyone on Grafenwoehr - family members, Soldiers, and DA civilians.

Vilseck PWOC welcomes ladies, releases fall schedule

The Protestant Women of the Vilseck Chapel would like to welcome all ladies to fellowship and study.
The invitation is open to all denominations and ages. Attendance at the Vilseck Protestant Chapel is not a requirement.
The following fall opportunities are available.

Contact Lana Leau for more details at CIV 09662-700155.

Fall 2006 PWOC Schedule

Dec. 6 - Day Trip to Nurnberg (Christmas Market)

Dec. 12 - German/American Christmas Tea

Every Tuesday - bible studies: Daniel, He Chose the Nails, Help Me, I'm Married! , and What Happens When Women Pray? (9-11:30 a.m. at the Vilseck Chapel)

Every Wednesday - bible studies: Daniel, Secrets of the Vine (4:30 & 5 p.m.)

Contact Lana Leau for more details at CIV 09662-700155.

Call the inclement weather hotline for road conditions

■ Grafenwoehr: DSN 475-ROAD (7623) or CIV 09641-83-7623
■ Vilseck: DSN 476-3999 or CIV 09662-83-3999

Girl Scouts offer unique, rewarding experience

Girls kindergarten through twelfth grade can register for the Girl Scout troops in Vilseck and Grafenwoehr.
USA Girl Scouts Overseas-North Atlantic serves girls who want to enjoy the same excitement, fun, and adventures in Girl Scouting as stateside Girl Scouts.
In every part of the globe, Girl Scouts are making new friends, learning about other cultures, building community, and having fun.

With other girls in your troop or group you can do some amazing things in Girl Scouting, such as:

- Rappelling, zip lining, or traverse wall climbing.
- Riding horses, swimming, or camping.
- Leadership classes, international travel and college scholarships for teen girls.

For more information, call Vilseck CIV 09662-700754 or DSN 476-2655 / CIV 09662-83-2655 or Graf DSN 475-6679 / CIV 09641-83-6679.

Winter afghans sale ending tomorrow, don't miss out

The American Red Cross is holding its Winter Afghan Sale through tomor-

row! Stop by your local Red Cross Office and pick yours up today.
The afghans have Vilseck, Hohenfels, and Grafenwoehr landmarks. You may also purchase a gift wrapped afghan for only a dollar more.
On sale through November:
1 or 2 afghans \$35
3 or more afghans \$30
Size - 4' x 6' (approx) in burgundy, navy blue, or hunter green.

Graf Ski Club meeting set tomorrow at Yesterdays

Come to the next meeting of the Graf Ski Club tomorrow at Yesterdays on Vilseck at 6:30 p.m.
Last-minute information will be available to those who have made reservations on the Thanksgiving Trip to Stubaital.
For additional information, contact the trip captain, Michele Wolff michele.wolff@us.army.mil, DSN 466-2783, or (COM) 09472-83-2783.
Check out our Web site at www.grafskiclub.50megs.com or e-mail grafskiclub@hotmail.com.
Meetings are held the first and third Thursday of the month at Yesterdays in Vilseck at 6:30 p.m. Snacks are provided.
Next meeting dates are:
Tomorrow
Dec. 7

AWAG 2006 conference set Saturday at Hohenfels

You are cordially invited to: "AWAG...KEY TO SUCCESS" Oberpfalz Area Conference 2006 Saturday from 9 a.m. - 4 p.m. at the Hohenfels High School.
The cost is \$15 per person and includes a light breakfast, lunch, and seminars.

Transportation for the Vilseck and Grafenwoehr communities will be provided, and the Hohenfels CDC will be open for your convenience.

Reservations are required through the registration form. Contact Laura Redden at oberpfalz1@awag.us or call CIV 09492-601-785 for information.

To register, log onto www.hcsc.homestead.com/AWAG.html. Payment is accepted by check or PayPal.

General officer assignment

The chief of staff, Air Force announces the assignments of the following general officer:
Brig. Gen. James P. Hunt, deputy director, force Application, J-8, Joint Staff, Pentagon, Washington, D.C., to director, Air and Space Operations, U.S. Air Forces in Europe, Ramstein Air Base, Germany.

Bank hours of operation

The Grafenwoehr Community Bank will be open from 11 a.m. to 4 p.m. Dec. 13 due to staff training. The bank will be closed Christmas Eve and Christmas Day.

Amberg Concert set Dec. 9

Enjoy a concert in Amberg, "Swing & More" Dec. 9 at the Congress Center. Tickets cost 22 to 32 Euros and are available by calling CIV: 09621-306-230; 09621-23247; or 09621-911073, or they can be purchased the evening of the concert at the Amberg Congress Center.

Chaplain Hillis promoted to colonel, extends invitation

Chaplain (Lt. Col.) David Hillis cordially requests your company at the ceremony of his promotion to the rank of colonel Dec. 4 at 3 p.m. at the Tower VTC Conference Room, at Grafenwoehr, Germany.

Light food and dessert will be provided. Please RSVP for attendance by tomorrow by calling DSN 475-1370 / CIV 09641-83-1370.

Uniform is duty uniform for military and civilian attire for civilians.

Holiday wreath auction, luncheon set Dec. 15

The Vilseck Community & Spouses Club is sponsoring a Holiday Wreath Auction & Luncheon, 11 a.m. - 1 p.m. Dec. 15 in the Vilseck Chapel Fellowship Hall.

Come enjoy lunch, free childcare and the chance to bid on a holiday wreath for the house.

Last year some wreaths were decorated with Polish pottery, Ameri-

cana, crystals, Christmas tree ornaments, etc.

The cost is \$7 for VCSC members, \$10 for non-members. The event is sponsored by VCSC.

For more info or to RSVP, contact tracey.lynn.jones@us.army.mil or visit www.vcscinfo.com

New Year's Eve Mardi Gras set at bowling center

Spend your New Year's Eve at the Grafenwoehr Bowling Center with a Mardi Gras Party Dec. 31 from 9 p.m. - 2 a.m.

The cost is \$99 for a group of eight people per lane. There will be prizes to be won, a free buffet and party accessories. Drinks are not included.

There must be a minimum of 14 lanes reserved. Please RSVP by Dec. 15. Contact Leon Lee or Nancy Steinbauer at DSN 475-6177 for more information.

Post offices update hours, holiday mail guidelines

To accommodate holiday mailing needs the post offices (not the CMRs) in Vilseck, Grafenwoehr, and Hohenfels will extend their hours as follows through Dec. 22.:

Mon.-Wed. and Fri. 9 a.m.-4 p.m.
Thurs. 10 a.m.-5 p.m.
Saturday 9 a.m.-1 p.m.
(Incoming mail delivery will continue on Saturdays until Jan. 6.)
Appointments for mailing can be made by calling your local APO at DSN 476-2581 for Vilseck, DSN 475-6333 for Grafenwoehr, and DSN 466-2887 for Hohenfels.

All three post offices will be closed Dec. 24-25 for the Christmas holiday.

On Dec. 23 the post offices will be closed for outgoing mail, but incoming mail will be received and distributed to the community mail rooms.

Space Available Mail is the least expensive service and travels by air to one of five ports of entry:

- New York
- Miami
- Chicago
- Dallas or
- San Francisco, then by ground transportation to its destination.

Parcel Airlift travels by space available air to the closest commercial airport to the destination that the United States Postal Service uses. The deadline for PAL mail is Monday.

First-Class Mail is used for letters and cards weighing 13 ounces or less.

The deadline for first-class mail is Dec. 11.

Priority Mail travels by priority air service to the closest commercial airport to the destination that the United States Postal Service uses.

The deadline for Priority Mail service is Dec. 11.

Express Mail Military Service is the fastest and most expensive service offered.

The deadline for delivery by Christmas for EMMS is Dec. 18.

Hohenfels Briefs

Afghan blankets on sale through tomorrow

During the month of November, the Red Cross will be selling afghan blankets with drawings of Hohenfels, Vilseck, and Grafenwoehr landmarks.

The afghans have been reduced in price from \$45 to \$35 each. Purchase three or more and the price drops to \$30 per blanket.

Choose from three great colors. Call DSN 466-1760 for information.

Library's weekly preschool story time now in session

The Hohenfels Library is holding their weekly preschool story time every Thursday at 10 a.m.

We will read books, discuss different subjects, and offer fun crafts for children ages 3 to 5. Come and find out about this great service.

For more information, call DSN 466-1740.

Spinning classes with Maria Diaz available at post gym.

Spinning classes are now available Monday at 6:30 a.m. and 4 p.m.; Tuesday at 4 p.m.; Wednesday at 9:30 a.m. and 6:30 p.m.; Thursday at 4 p.m. and 6:30 p.m.; Friday at 9:30 a.m.

Cost is \$3 per class or \$30 per month, \$40 for group rate (18 participants needed for group rate to apply).

For more information, call the post gym at DSN466-2883.

Cub Scouts seeking first through fifth graders

It is not too late to join in the Cub Scouting fun! There is room for first through fifth graders.

For more information, visit www.geocities.com/cubscoutsinohenfels.

If you cannot find what you are looking for at the Pack 303 site, contact Andrea Neill at cubscoutsinohenfels@yahoo.com.

AWAG 2006 conference set Saturday at Hohenfels

You are cordially invited to: "AWAG...KEY TO SUCCESS" Oberpfalz Area Conference 2006 Saturday from 9 a.m. - 4 p.m. at the Hohenfels High School.

The cost is \$15 per person and includes a light breakfast, lunch, and seminars.

Transportation for the Vilseck and Grafenwoehr communities will be provided, and the Hohenfels CDC will be open for your convenience.

Reservations are required through the registration form. Contact Laura Redden at oberpfalz1@awag.us or call CIV 09492-601-785 for information.

To register, log onto www.hcsc.

homestead.com/AWAG.html. Payment is accepted by check or PayPal.

APO offering extended hours through holidays

The APO will have extended hours for the holidays through Dec. 22.

Saturday operations will end on Dec. 16. The hours are as follows:

Mon., Tues., Wed., and Fri. from 9 a.m. - 4 p.m.
Thurs. from 10 a.m. 5 p.m.
Sat. from 9 a.m.-1 p.m.

Don't miss the 2006 Tree Lighting, holiday celebration

Mark your calendars and come join the community in this year's tree lighting/holiday celebration Dec. 3.

The schedule:

■ *Holiday Music* begins at 4 p.m. at Building 1 Parking Lot below the Post Chapel

■ *Welcome* by the BSB commander and chaplain

■ *Christmas Tree-lighting Ceremony* follows with special visitors from the North Pole (weather permitting)

■ *Concert* at 5 p.m. in Post Theater by the 1st AD Army Band

■ *Community Reception* at 7 p.m. at the Community Activities Center and pictures with Santa Claus

ACS Upcoming Events

We at ACS have a terrific variety of things for you to enjoy. Take one minute to review our schedule and you'll find something you'll like that will strengthen you and your family.

U.S. Citizenship Class - Are you foreign born and interested in U.S. citizenship? You will be excited by this important multi-session program that will cover American holidays, history, culture, a review of the application process, a mock naturalization interview, a sample naturalization test, and much more.

The class will be held tomorrow from 8:30-10 a.m. in the Yellow Ribbon Room, Bldg. 40.

Brown Bag Lunch Special - Bring your brown bag lunch to the Yellow Ribbon Room and have lunch with us.

Classes include develop your leadership skills, exchange ideas, and success stories with others just like you.

Discover techniques to overcome non-participation, fundraising tips, and much more!

The event will take place tomorrow from 11 a.m. - 1 p.m. in the Yellow Ribbon Room, Bldg. 40.

Infant Massage - This on-going workshop teaches moms and dads the ways of gentle massage that can provide comfort and relief to your little ones when they are sad, sick, or just need a little TLC.

The workshop begins tomorrow from 9:30 - 10:30 a.m. at the Family Life Center, Bldg. 743.

ACS workshops are FREE of charge and are held in Bldg. 317 unless noted in the description. Call DSN 466-4860 or CIV 09472-83-4860 for more information and to sign up.

You are cordially invited to the

2006 Grafenwoehr / Vilseck / Hohenfels

Holiday Ball

December 15, 2006

Maw Reger Halle, Weiden

Buffet, Dinner and Dancing

Cocktails at 18:00 hrs

Dinner at 18:30 hrs

28 Euro per person

Open to all DOD/Military Personnel

Contact your Unit SI/Representative for tickets

Enjoy the best of German holiday tradition at Christkindlesmarkts

by MARTINA BIAS
Bavarian News Food & Culture columnist

The weeks just before Christmas are typically the time for shopping and eating. Our German friends enjoy these activities as well, but quite different from the American traditional mall experience. The “Adventszeit” (Advent season) is the time when many villages, towns and cities hold their annual Christmas markets.

According to local tradition, they can be called Weihnachtsmarkt, Adventmarkt, or one of several variations of the world Christkindlesmarkt.

The original reason the markets were held is that they were supposed to give people a chance to stock up on supplies for the winter at the beginning of the cold season.

Nowadays, the Weihnachtsmarkt is an enjoyable way to experience German Christmas tradition, buy presents and decorations, as well as enjoy special food and drinks.

A typical Christmas market features an assortment of booths (often run by local stores) and is usually located in a historic or central location, such as the center of town.

The unique atmosphere of Christmas markets comes from the beautiful lighting of the booths that put off a warming and almost surreal glow after dark. If you are really lucky, you might experience a dusting of snow to put you in the Christmas spirit.

Some of the German Christmas specialties you can find at the Christkindlesmarkt are Lebkuchen and Spekulatius (gingerbread and spice cookies), Christstollen (German yeast fruit bread), and roasted nuts.

To warm you up from the inside, you can sip some “Gluehwein” (literally: glow wine – hot spiced wine), or, if you are a beer lover, look for a special seasonal brew of dark beer called “Weihnachtsbock.”

Most regions have their own specialties. Our family enjoys going to the **Bayreuth Weihnachtsmarkt** and eating warm “Dampfnudel.” This is a warm yeast dumpling sprinkled with cinnamon sugar and served with warm vanilla sauce.

At the **Amberg Christkindlemarkt** we discovered a little old lady last year that sold a local specialty called “Kuechle.” This treat looks like a UFO. It is made from yeast dough and then deep-fried. Sprinkle it with some powdered sugar at home and enjoy with a hot beverage!

Many Bavarian localities will sell “Heisse Maroni,” the equivalent of America’s roasted chestnuts. While this treat is apparently very popular, my family found it to be an acquired taste.

Once you have satisfied your stomach, take the time to stroll between the booths selling the traditional Christmas decorations such as glass balls, straw stars, and wooden creations.

Don’t forget to admire the nativity scenes, nutcrackers, wooden Christmas pyramids with candles, and small Raeucherfiguren (smoke figurines). These traditional wooden men and women feature a bottom compartment where you can insert and light a smoke stick for the dramatic effect of smoke drifting out of the characters mouth.

Many cities have a day on which “Nikolaus” (the German Santa Claus), or “das Christkind” (literally the Christ Child who in brings the gifts on Christmas Eve) will visit the Weihnachtsmarkt and hand out small presents to kids.

When tourists think of a German Christmas market, they immediately picture the world’s most famous one located in Nuernberg. It is one of the oldest in Germany and boasts over 150 booths.



Nuernberg’s Christkindlesmarkt is one of the largest in Germany and a favorite among visitors from around the world, offering a wide variety of food and gifts.

by Uli Kowatsch

It opens on the Friday before the 1st Advent Sunday and ends Dec. 23. I highly recommend that you visit on a weekday, if possible. Unless, that is, you relish the experience of feeling like a canned sardine, which is what you may encounter if you attempt to visit on a weekend.

Another famous Bavarian Christkindlmarkt is the one located on the **Marienplatz in Munich**. If you are traveling, you can also find these markets in Austria, Switzerland, and Northern Italy.

Locally, you can find many smaller markets in towns like **Grafenwoehr, Weiden, Vilseck, Amberg and Hohenfels**. Some of these are only open one day or over a certain weekend. Check your local papers and billboards for more information.

Many local clubs, charities, Kindergartens, and churches also hold Christmas markets. These are mostly open one afternoon and feature crafts and home-baked goodies.

Visiting a Christmas market is a great way to enjoy a Sunday afternoon and join the Germans for a cup of coffee and some German cake or other Christmas treat.

Christmas Markets 2006

Amberg, Weihnachtsmarkt (Nov. 23 – Dec. 23)
Monday – Wednesday, 10 a.m. – 6 p.m.,
Thursday – Saturday, 10 a.m. – 8 p.m., Sunday, 1 – 7 p.m.
Sales, food and beverage booths set-up at the Marktplatz. (Ride in Christmas carriage: Wed., Fri. – Sun., 1 – 5 p.m.)

Bayreuth, Christkindlesmarkt (Dec. 1 - 23)
Monday – Saturday, 10 a.m. – 7.30 p.m.,
Sunday 11 a.m. – 7.30 p.m.
Sales, food and beverage booths set-up in pedestrian area.

Munich, Christkindlmarkt (Dec. 1 - 23)
Monday – Friday, 10 a.m. – 8.30 p.m.

Saturday, 9 a.m. – 8.30 p.m.
Sunday, 10 a.m. – 7.30 p.m. & Christmas Eve 10 a.m.– 2 p.m.

Christmas carols are performed daily at 5.30 p.m. from the city hall balcony. Children, ages 6 - 12 can make Christmas ornaments free of charge from Dec. 1 - 21, daily from 2 – 3:30 p.m. and 3:45 – 5.15 p.m. at the “Himmelswerkstatt” inside the city hall.

There are lots of small but special Christmas markets throughout Munich. One is the Medieval Market at Wittelsbacher-Platz from Nov. 24 – Dec. 23, Tuesday – Friday, 2 – 8.30 p.m., Saturday – Sunday, 10.30 am – 8.30 p.m.

There is also a Winter-Festival with an international Christmas Market at Theresienwiese (location of the Oktoberfest) Nov. 29 – Dec. 31. www.christkindlmarkt-marienplatz.de

Nürnberg, Christkindlesmarkt (Dec. 1 - 23)
Sunday, 1 Dec, 2 – 9 p.m.
Monday – Wednesday, 9.30 a.m. – 8 p.m.
Thursday – Saturday, 9.30 a.m. – 9 p.m.
Sunday, 10.30 a.m. – 9 p.m.
www.christkindlesmarkt.de

Regensburg, Christkindlmarkt (Dec. 3 - 23)
10 a.m. – 8 p.m., daily
www.christkindlmarkt-regensburg.de

Weiden,Weihnachtsmarkt (Nov. 30 – Dec. 23)
Monday - Friday, 10 a.m. – 8 p.m.
Saturday, 9 a.m. – 8 p.m.
Sunday, 11 a.m. – 8 p.m.
Oberer Markt in front of old city hall.

Würzburg, Weihnachtsmarkt (Nov. 29 – Dec. 23)
Monday – Saturday, 10 a.m. – 8 p.m.
Sunday, 11 a.m. – 8 p.m.
Oberer and Unterer Markt, the historical market square in front of “Marienkapelle”.

Have a taste of Germany’s favorite holiday cookie

by MARTINA BIAS
Bavarian News Food & Culture columnist

German Christmas bakers are known for their spice cookies. The big, soft Lebkuchen are probably the most famous ones, but the crisp, buttery Spekulatius that I will share with you today is also very popular in this region.

Spekulatius is a typical Christmas treat in Germany, but people in the Netherlands enjoy it all year round. The origin of the cookie can be found in this neighboring country as well as in the German state of Westphalia.

There are several variations of Spekulatius. The most common one is the Gewürz-spekulatius” (spice spekulatius) which gets its flavor from spices like cinnamon, cardamom, and cloves.

“Mandelspekulatius” (almond Spekulatius) features a layer of sliced almonds on the bottom of the cookie and “Butterspekulatius” has a very high content of butter.

What makes Spekulatius stand out from other cookies is that the dough is pressed into (usually wooden) molds called “Springerle” or rolled out with a special Spekulatius rolling pin. The pin features molds all around the roll. Many of these traditional molds depict scenes from the story of Germany’s St. Nikolaus.

The name “Spekulatius” has its origin either in the Latin name for “bishop” (which is how the German St. Nikolaus is portrayed), “Speculator”, or the Latin word for mirror

“Speculum” since the mold produces a mirror-image of the picture on the cookie.

The molds many Germans use for baking their Christmas Spekulatius are available in most larger houseware stores, but don’t despair if you do not have them at hand. You can use a decorative American cookie stamp or simply roll the dough and slice it. Either way, it will produce yummy results.

The one thing that makes Spekulatius a unique taste sensation is the ingredient called “cardamom”. This unusual spice is a native of India and was probably imported into Europe around the early 13th century.

You might have heard referred to it as “Grains of Paradise” or encountered it as a traditional flavouring in Turkish coffee. You can find it in the spice section of a German grocery store (sold in envelopes) or purchase it online.

I hope you enjoy baking these traditional German Christmas cookies this holiday season. I bet even the American Santa Claus would love to sample some on Christmas Eve.

Guten Appetit!

Spekulatius

1¼ cup flour
1 tsp. baking powder
1 egg
½ cup (1 stick) butter or margarine, slightly softened
¾ cup ground almonds
¾ cup sugar
1 tsp. vanilla extract
1 tsp. ground cardamom
¼ tsp. ground cloves

¼ tsp. ground cinnamon
½ tsp. lemon peel
1 – 2 Tbs. milk
Sliced almonds, optional

Combine, flour, baking powder, egg, butter or margarine, ground almonds, sugar, and vanilla extract in a large bowl and mix well.

Add cardamom, cloves, cinnamon and lemon peel as well as 1 to 2 Tbs. of milk.

Knead until dough comes off the sides of the bowl. Cover and let rest in refrigerator for at least one hour.

Preheat oven to 400 degrees.

Roll out dough (about ¼ inch to 1/8 inch thick) on a heavily floured surface.

Important: Flour the mold before rolling each cookie to prevent the dough from sticking to it! Press down floured mold on cookie dough and cut around it with a knife. Carefully lift cookie off the counter with a specula.

If desired, brush back of cookie with water and cover with sliced almonds. Place on greased cookie sheet. Carefully brush off any extra flour on the cookie’s surface.

Bake until golden brown. The baking time (10 – 20 minutes) depends on how thin you roll the dough and the size of your cookie.

Cool on a wire rack. Store in metal tins for up to three weeks.

Yield: about 2 dozen average-size Spekulatius.



Courtesy photo

Spekulatius cookies come in many different shapes. They can be plain, square, and sprinkled with almonds, or created with intricate designs (like the ones pictured above).

Sports & Youth

Graf Crew squeaks by opponents, 2-1, to win IMCOM-E tournament

Special to the Bavarian News

If you enjoy watching youth soccer, Camp Darby, Italy was the place to be over the Veteran's Day weekend.

The Grafenwoehr Crew junior soccer team was named the IMCOM-Europe junior soccer champions Nov. 12 after competing against six teams from Germany and Italy.

This year was the Crew's third year in a row representing U.S. Army Garrison Grafenwoehr in the tournament.

According to the coach, Bill Bidinger, this year's team was determined to bring home the championship trophy after placing in second place the previous two years.

"Every player stepped up their game," said Bidinger, "especially the first and second-year players. They made a lot of saves that helped us so we were able to win.

"One example would be Martin Gonzales," explained Bidinger.

"He jumped in front of (an opponent's) shot, stopping the shot on goal in the last two minutes of overtime, saving the team from going into another tie in an extremely close final game," he said.

Gonzales is a 13-year-old who has played soccer for two years.

"Just like Martin's, I could probably come up with examples for every player where they just really stepped up their game," said Bidinger, who has been coaching soccer in Germany for a decade.

Bidinger explained that the fact that last year's team had many more experienced players than the 2006 team didn't faze players a bit during the Nov. 10-12 tournament.



Courtesy photos

During a tense 10-minute overtime, the Grafenwoehr Crew junior soccer team defeated Spangdahlem 2-1 to become the 2006 IMCOM-Europe junior champions Nov. 12 at Camp Darby, Italy.

"The more experienced players were cautiously confident, going into the game," said Bidinger. "The younger players were extremely confident because they felt the better and older players could take them through everything.

"The more experienced players led the way with younger newer players chipping in and playing when they needed to," he said.

Their goals during the champion-

ship were simple: to defeat Stuttgart, who defeated them last year for the championship title, and to advance to the championship game and come out on top, said Bidinger.

"It was a hard fought battle, but determination, hard work, and a team effort helped the kids reach both their goals," he said.

This year's team consisted of 10 girls and four boys, all ages 13-15 with only two players being 15 years old.

The Grafenwoehr Crew was in Bracket B with Bamberg and Spangdahlem, while Bracket A consisted of the Mannheim, Stuttgart, Vicenza, and Hanau teams.

Each team played each other with the top two teams in each bracket advancing to the semi-finals Nov. 12.

In the first game, the Crew soundly defeated Bamberg 9-1 with Jesse Hanes leading the scoring with four goals; Erik Bidinger with three; and Hillman Degoh scoring two.

The second game against Spangdahlem ended in a 2-2 tie with Hillman Degoh and Jesse Hanes each scoring.

Spangdahlem defeated Bamberg to earn the top seed in the bracket.

The Crew was seeded second and would play the top seed from the "A" bracket to advance to the championship game.

In the "A" bracket Stuttgart won

all of their games to be seeded first, while Vicenza earned the second seed.

On the final morning of the championships, the Spangdahlem and Vicenza teams squared off for a chance to advance to the championship game, with Spangdahlem winning 5-1.

In the next game, the Crew defeated the Stuttgart team 3-1 on goals from Erik Bidinger, Bria Pressley-Dean, and Jesse Hanes.

The championship match was a rematch of the Spangdahlem and the Crew. Spangdahlem scored first, just seconds before the half ended.

The Crew tied the score 10 minutes into the second half with a corner kick goal by Tamarina Hollis.

Despite numerous opportunities, neither team could score again for the remainder of the game.

The game continued into two 10-minute overtime periods. With exhaustion starting to set in, the Crew managed to send a long ball down the left side to Erin Mulkeen.

Erin passed it into the middle to Jose Rodriguez, who passed it to Bria Pressley-Dean, as the Spangdahlem defense collapsed around her.

Bria, the youngest player on the field, slipped the ball past the goalie, and the Crew took the lead. In the second overtime period, the Spangdahlem team kept mounting attack after attack and had a chance to

tie the game in the final seconds with a penalty kick for a handball in the goalie box.

The Spangdahlem player sent the kick wide left and the final whistle blew, with Grafenwoehr squeaking out a 2-1 victory.

Bidinger said he was not only proud of the team's win, but also of their behavior. He said the Grafenwoehr team was recognized as being the most disciplined team in the tournament.

Team members were:

- Tiffany Agee
- Erik Bidinger
- Hillman Degoh
- Thea Dunn
- Martin Gonzales
- Jesse Hanes
- Tamarina Hollis
- Erin Mulkeen
- Bria and Jasmine Pressley-Dean
- Jose Rodriguez
- Erin Toohey
- Valeria Trinadad
- Karina Touzinsky

The team's assistant coach was Shamaria Field.

Overall, Bidinger said it was a great season. "The kids came out and played hard everyday no matter what score was," he said, noting that the team did not lose a regular season game.

Of season's 12 games, the Crew won 11 and tied one at tournament.



The 2006 Grafenwoehr Crew was coached by Bill Bidinger (center with cap) and Shamaria Field (far right). Bidinger also oversees the ODP soccer program, which runs through June.

No pain, no gain: prevent sports injury

U.S. Army Combat Readiness Center

"No pain, no gain" is a phrase that typically means everything worthwhile takes effort, but pain sometimes indicates a more serious problem or injury, according to the Command Surgeon at the U.S. Army Combat Readiness Center.

Dr. John Campbell is one of many experts who believe that if a person is experiencing pain while participating in a recreational activity, there is a high possibility of it becoming an injury instead of routine muscle soreness.

"The statistics speak for themselves," said Campbell, who pointed out that researchers report more than 7 million Americans seek medical attention for sports-related injuries each year.

While some sports injuries are truly accidents and are tougher to prevent, people can avoid nagging injuries by performing proper stretching exercises. Campbell recommends a three step approach to prevent injuries – warm-up or stretch, perform the exercise or activity, and then cool down with stretches that target the worked muscle groups.

"Cool down for the same amount of time as you did warming up," Campbell said. "Do not perform the same exercise everyday. Cross-train to prevent boredom as well as target a different area of the body while giving the other areas time to recover and recuperate."

In addition to the necessary exercises, people

should take into account their physical capabilities, age, competition level and skill, said Julie Gilchrist in a WebMD Medical article. Gilchrist is a medical epidemiologist at the Centers for Disease Control and Prevention.

Maj. Cindy Hazel supports Gilchrist's suggestion and stresses it to her runners. Hazel is the captain of the Fort Bragg women's team that is training for the Army Ten-Miler held in Washington D.C. In order to prevent injuries of her team members, she considers many aspects before they train.

One area she said she pays particular attention to is the weather. Not only can conditions such as heat dehydrate people, it can cause injuries and lead to other damaging consequences.

The body can sweat up to two quarts of fluid per hour while exercising in hot climates, according to the Field Manual 21-20 on Physical Fitness Training. Without proper hydration, people can suffer from muscle fatigue and salt loss, which lead to muscle cramping.

Drinking enough fluids such as water or a sports drink with the proper electrolyte replacement before, during and after any activity is vital, Campbell said. Also, people should exercise in the morning or evening to avoid the heat.

To learn more, visit <https://apfri.carlisle.army.mil/web/Education/Links.htm>.

Pat Tillman honored by Arizona Cardinals

by DONNA MILES

American Forces Press Service

The Arizona Cardinals commemorated Veterans Day during a Nov. 12 game by paying tribute to former teammate and fallen soldier Pat Tillman, as well as five Tuskegee Airmen and a Navy Reservist recently returned from duty in the Middle East.

Tillman became the 11th person inducted into the Cardinals' "Ring of Honor" during halftime at the Cardinals-Cowboys game at the University of Phoenix Stadium in Tempe, Cardinals officials reported.

The team honored Tillman, who left the team to become an Army Ranger, during a six-minute video tribute that concluded with Tillman's name being unveiled on the Ring of Honor on the east side of the stadium at the 50-yard line.

Fans attending the game got their first look at the new Pat Tillman Memorial, officials said. It includes an 8-foot-tall, 500-pound white bronze sculpture of Tillman and a circular reflection pond on a plaza surrounding the stadium known as the Pat Tillman Freedom Plaza.

The memorial is full of symbolism, officials noted. A 42-foot-long black concrete wall symbolizes Tillman's jersey number at Arizona State University. To the west of the memorial stands a grove of 40 oak trees that symbolize the jersey number Tillman wore as an Arizona

Cardinal. The Cardinals retired the number during a halftime ceremony Sept. 19, 2004.

Tillman, a three-year starter for the Cardinals, left the team before the 2002 season to become an Army Ranger. He was killed in Afghanistan on April 22, 2004, in a friendly-fire incident.

U.S. Army Criminal Investigation Command is conducting an extensive investigation into the incident and is expected to present its findings to the Defense Department inspector general this month, Army officials said.

Fans at the event said they were happy to see Tillman honored for his service.

"I never actually met him, but I watched him, and he is the ultimate hero — no doubt about it," the Arizona Cardinals Web site quoted Kim Peterson from Scottsdale, Ariz., as saying at the ceremony.

"I think it is great what the Cardinals Football Club has done and for him to give up a football career to help serve our country. You can't even put it into words," she said.

In addition to Tillman, the Cardinals honored five Tuskegee Airmen during a pre-game ceremony. Recognized at the event were Col. Dick Toliver, and Lt. Cols. Bob Ashby, Asa Herring, Charles Cooper and Thurston Gaines.

Team members and fans also honored Navy Petty Officer Mark Smith, recently returned from a one-year tour in the U.S. Central Command area of operation.

Documentary focusing on military children to air through holidays

by DAVID MAYS

Special to American Forces Press Service

"I send him off with a kiss goodbye, although I understand that he may die."

Those are words from a poem written by a third-grader named Gloria who lives with her family at Ramstein Air Base in Germany. She concludes her poem this way: "I serve too."

That child's sentiment is the subject and title of the Pentagon Channel's new half-hour documentary "Recon," which premiered Nov. 24 at noon Eastern Time and will be repeated throughout the holiday season. The show will also be available via podcast, vodcast and video on demand.

"Coping with family separation, fear for a parent, and trying not to let their pain show are things many military children experience," said Recon host Air Force Master Sgt. Daniela Marchus. "But there's a growing awareness of the challenges and special needs military kids have, particularly those of Guard and reserve families."

The documentary introduces viewers to a military family who experienced deployment to a war zone firsthand and explores how their children dealt with the painful reality.

"Being without your dad when you're 8 years old is a big deal," said Army Reserve Capt. Arthur Rizer, who was deployed to Iraq last year for 15 months with just three weeks' notice. "I can only imagine what his little heart and mind

were going through."

Rizer's wife, Monique, was just adjusting to caring for 8-year-old Gabriel and 1-year-old Asher on her own when she got word her husband's vehicle had been attacked by an improvised explosive device, just one week into his deployment.

Several Iraqi citizens in the patrol were killed. Somehow, Rizer escaped with only a concussion and some hearing loss. Monique was suddenly struck with the very real danger her husband faced every day. Her older son reacted too.

"He developed a lot of fears," Monique said. "He started having nightmares. He was just afraid of everything."

According to National Military Family Association figures, about 115,000 children are coping with having one or more parents deployed away from home.

While many assistance resources have long been available for deploying service members, the same has not been true for military children, according to the

association.

"After 9/11, parents started calling and saying 'Hey, there are great programs, but there's nothing for my kids,'" said MNFA's Michelle Joyner. "We need something where kids can get together and build their own network."

"People don't think about the effect on kids," Marchus said. "It's huge."

Marchus discovered help was more readily available for active duty families than for Guard

"I send him off with a kiss goodbye, although I understand that he may die."

Gloria

3rd grader at Ramstein Air Base

WWE stars prepping to visit service members in Iraq

Story and photo by

SAMANTHA L. QUIGLEY

American Forces Press Service

As World Wrestling Entertainment superstars and divas prepare for a fourth trip to visit service members in Iraq, they'll be carrying some special cargo: a very important letter.

That letter marks a milestone for Shauna Flemming, 17, founder of "A Million Thanks," a California-based nonprofit troop-support group with an original goal of collecting 1million letters of gratitude for troops. Shauna surpassed that goal two years ago, and in January 2006, her goal expanded.

"(Shauna) wants to make sure our military members get thank you notes from the American people, and she's collected 2.6 million thank you notes, one for every man and woman in the military," Allison Barber, deputy assistant secretary of defense for internal communication and public liaison, said during a news conference at Madison Square Garden here.

The 2.6 millionth letter

"WWE will take the 2.6 millionth letter over to Iraq ... and present that to our military members."

WWE and A Million Thanks are both members of America Supports You, a Defense Department program highlighting ways Americans and the corporate sector support the nation's servicemembers.

WWE is encouraging the public's continued support of service members through holiday greetings through A Million Thanks, said WWE

spokesman Gary Davis.

The organization also is accepting electronic submission of greetings through its Web site. The messages will be printed on a special holiday card and distributed during the group's upcoming visit to Iraq.

The superstars and divas also will be delivering 20 Xbox 360 video games and accessories, Davis said.

The accessories include the Xbox Live Vision camera, which will allow troops in Iraq to play video games with fellow service members and loved ones at home.

Service members attending the news conference, some of them longtime wrestling fans, confirmed the benefit of receiving letters from home.

Letters boost morale

"When you're overseas, you don't really hear a lot of thanks from people ... for what you're doing," Navy Petty Officer 2nd Class Jason Brunsmann, with the New York Military Entrance Processing Station, said.

"So every time you get a letter like that from anybody ... it's a huge morale booster and it's like, 'Wow! People do care what we're doing over here.'"

Celebrity visits like the one WWE stars will be making lift spirits as well, Army Sgt. Erich Schmidt, 206th Military Police Company out of Schenectady, N.Y., said.

"It seems like when these (WWE) guys come over, they actually do ... care what we do," he said. "They just made me feel appreciated."

Army Maj. Gen. Joseph J. Taluto, the New York National Guard's adjutant general, echoed that sentiment.

"I've seen firsthand the smile on our soldiers' faces days before events, days before celebrities showed up ... and days after, (I've heard) the discussion," he said.

"It makes them feel recognized, ... and it's a small thing to ask when they're making such great sacrifices," he added.

Making servicemembers feel appreciated and recognized is more than an honor, WWE superstar Bobby Lashley said. Lashley grew up in a military family and served for three years as in the Army. He was a member of the Army's World Class Athlete Program's wrestling team.

"I think there's a closer emotional attachment between the troops and myself," the former Army specialist said.

"I feel that it is my duty to go over there and put on the best damn wrestling show that I possibly can for the heroes that are serving in Iraq today."

Christmas tribute

That's the goal WWE chairman Vince McMahon said he hopes to accomplish when he and his organization get to Iraq.

"We entertain, but more than anything else in the world, what we do is put smiles on the faces of a global audience, and the smiles on the faces of those men and women over in Iraq is something that is very dear

and reserve families, who tend to be more isolated from fellow service members.

For instance, she said, active duty military children are likely to attend school with other military kids.

When children of Guard and reserve parents suddenly find their family "called up," they may have no peers to talk with who are experiencing the same thing, she explained.

But Marchus said she discovered during her research that more and more organizations are reaching out to military children. The legendary children's television program "Sesame Street" has even developed a program to help young children better understand and cope with a parent's deployment.

Military families from all services, including the Guard and reserve, contributed to the development of that program that features a DVD starring a beloved Sesame Street character.

"We can really help children under 5 in military families, along with their parents, to really stay connected," said Sesame Workshop's Jeanette Bettancourt. "To listen to one another, to talk to one another during a deployment."

Gabriel Rizer found a unique way to do just that while his father was away in Iraq.

"I used to write books for weeks, and then I'd send them to him," Gabriel said.

Other programs including special summer camps for military children are featured in this Recon, as are Web sites where families can turn for resources and help.

"It's likely there's a benefit or service that best fits your children's specific needs," said Marchus, who interviewed some of the world's top experts on military children. "Their advice to everyone else is to remember, in their own way, military kids serve too."



(From left) Army Maj. Gen. Joseph J. Taluto, New York adjutant general, poses with WWE diva Lillian Garcia, WWE superstar Carlito, and diva Torrie Wilson.

to our heart," he said. "The are the most appreciative audience we'll play to all year long."

A larger audience will get to see part of what McMahon considers his organization's biggest event when USA network airs WWE's "Tribute to the Troops" on Christmas night.

The program, which will include superstars and divas interacting with and entertaining the troops, also will air on Armed Forces Television, he said.

For more information, visit americasupportsyou.mil or www.amillionthanks.org.

Troops in remote areas receive new self-heating, traditional holiday meals

U.S. Army Soldier Systems Center

The holidays are going to be a little bit tastier for warfighters serving in Iraq and Afghanistan thanks to a team of scientists at Natick Soldier Research, Development and Engineering Center.

More than 6,000 meals, consisting of turkey with gravy, mashed potatoes, stuffing, vegetables, cranberry jelly, snacks, desserts and beverage mixes, were sent to provide a Thanksgiving meal for forces that are operating in remote areas.

"Our goal is to provide our troops a 'taste of home' by offering a traditional holiday

meal," said Sue Harrington of the Group Ration Team.

The meals are part of the Unitized Group Ration-Express, a self-heating group meal module developed and patented by the NSRDEC team.

According to Peter Lavigne, project manager, the UGR-E modules provide hot meals for groups of 18 warfighters right out of the box, without the need for traditional food preparation equipment, personnel, fuel, or even electricity.

The UGR-E will also reduce the cost and logistical burden associated with using a field kitchen. With a quick pull of a tab, the meals

are ready in 30 to 45 minutes.

"The disposable heating tray serves as a chafing dish to ensure that all warfighters receive a hot, nutritious meal in even the most austere environment," said Lavigne.

"The heating technology for the UGR-E was adapted from the heater that is currently used in the individual Meal, Ready-to-Eat ration," said Lauren Oleksyk of the Equipment and Engineering Technology Team.

"Like the MRE, the UGR-E is a shelf-stable product that does not require refrigerated storage, and can be quickly delivered, prepared and disposed of in a military operating environment."

NSRDEC, in an extremely short time period, coordinated with the U.S. Department of Transportation, Defense Supply Center Philadelphia and the Military Surface Deployment and Distribution Command in order to fulfill a request from the Multinational Corps - Iraq to fabricate, assemble and label the self-heating holiday meals as required to meet applicable transport guidelines within the required timeframe.

This rapid production and delivery highlights the new capability and flexibility offered by the UGR-E.

The MNC-I has also requested UGR-Es for the upcoming December holidays.